



ASTHMA TREATMENT GUIDELINES SUPPLEMENT

18+ years

MAINTENANCE & RELIEVER THERAPY

In adults over the age of 18, combined maintenance and reliever therapy can be considered for patients who have a history of asthma attacks, on medium dose ICS or ICS/LABA (800-1000mcgs BDP/day) - BTS/SIGN 2016.

Symbicort 200/6 Turbohaler



SMART 18+ years

- One inhalation twice a day plus as required or
- Two inhalations once a day plus as required or
- Two inhalation twice a day plus as required

The use of separate reliever inhaler(SABA) is NOT required

A maximum of 12 inhalations per day (maintenance and reliever): However, patients using more than 8 inhalations daily should be strongly recommended to seek medical advice.

Fostair 100/6 Metered Dose Inhaler



MART 18+ years

- One inhalation twice a day plus as required

A maximum of 8 inhalations per day (maintenance and reliever):

The use of separate reliever inhaler(SABA) is NOT required

Patients requiring frequent use of rescue inhalations daily should be strongly recommended to seek medical advice. Their asthma should be reassessed and their maintenance therapy should be reconsidered.

LAMA - Long Acting Muscarinic Antagonist 18+ years



Spiriva Respimat 2.5 mcgs

- Two inhalations once a day

This is indicated as an add on bronchodilator treatment in adult patients with asthma who are currently treated with a maintenance combination inhaler (ICS+LABA) at 800mcgs/day BDP equivalent and who experience one or more severe exacerbations in the previous year.